

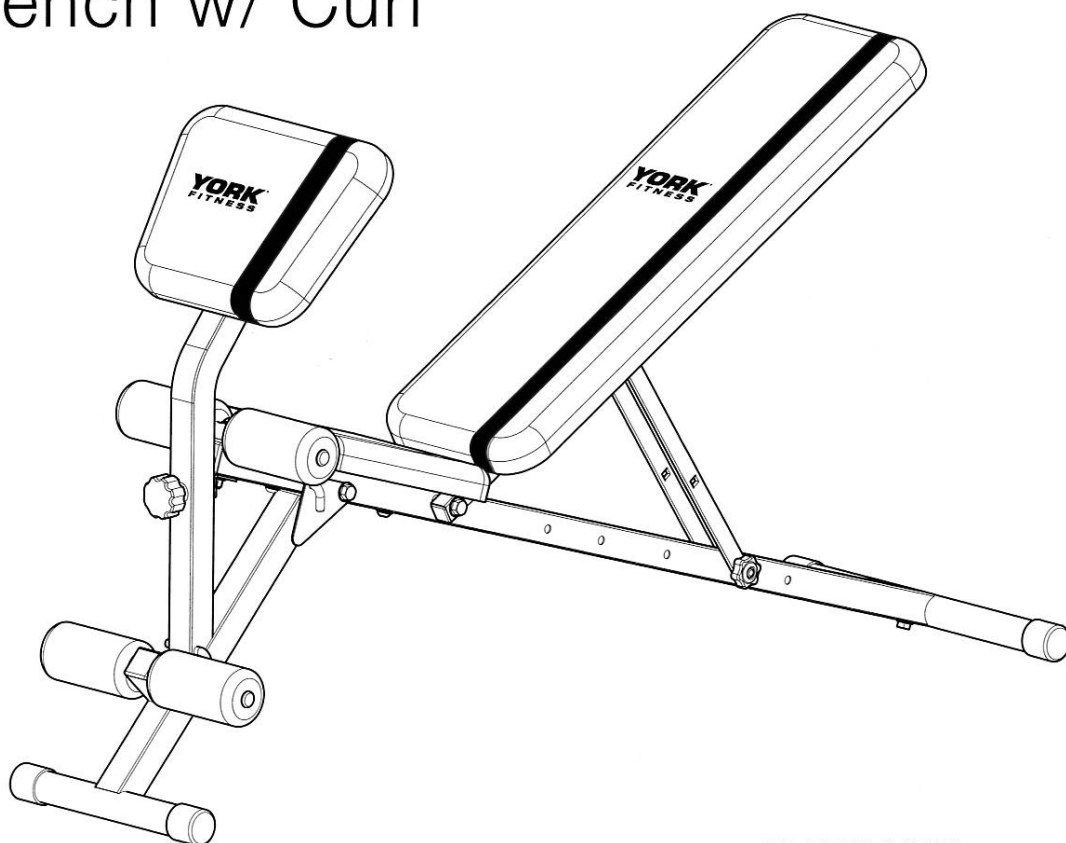
YORK[®]
FITNESS



Owner's Manual

Warrior 2 in 1 Dumbbell
& Ab Bench w/ Curl

45062



V1.04 3MAY2016

Table of contents

Congratulations on
purchasing your exercise
equipment from



You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

CONTENTS

Safety information	03
Customer support	04
Assembly instructions	05
User instructions	09
Fitness guide	11
Exploded drawing	12
Part list	13

Safety information



Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Assemble the product on a level surface
- You will need at least one person to help you assemble this unit.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.
- Never overload the equipment - the maximum user load is displayed below and on the product label.
- We recommend that you do not lift weights alone. There should be somebody there to assist you.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.

- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

**Flat / Incline / Decline:
100kg User + 50kg Weight
Curl: 100kg User + 35kg Weight**

Safety Standards

This bench meets the requirements of British and EU safety standards EN957 parts 1 and 4.

Tools and consumables

- Spanner
- Allen Key

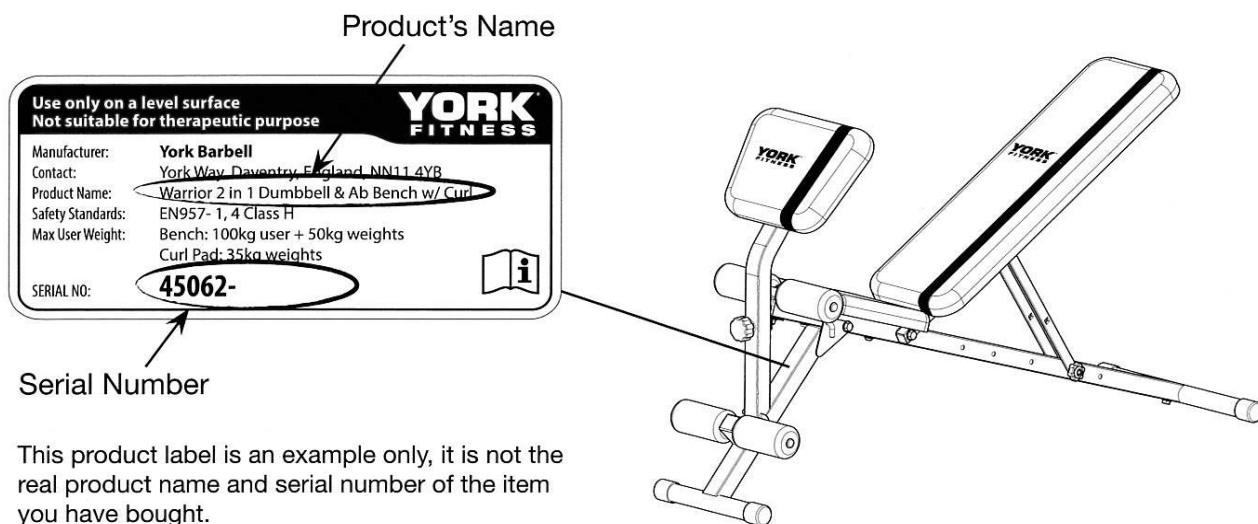
This product is not suitable for therapeutic purposes.

Customer support

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions



Care & Maintenance

- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear, at least once a week is recommended. This includes any nuts, bolts, moving parts, bushes etc.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

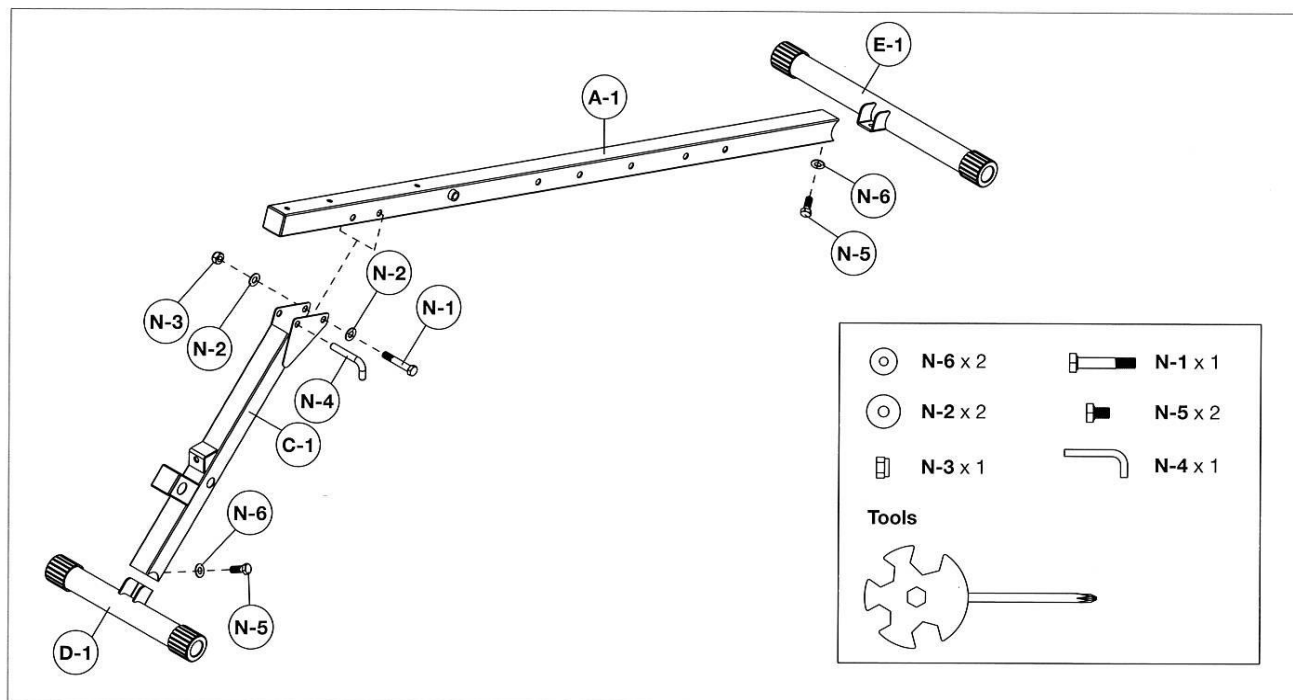
Open the carton - Check any warnings on the carton and make sure you have it the right way up.

Unpack the carton - Remove all the parts and lay them out on the floor.

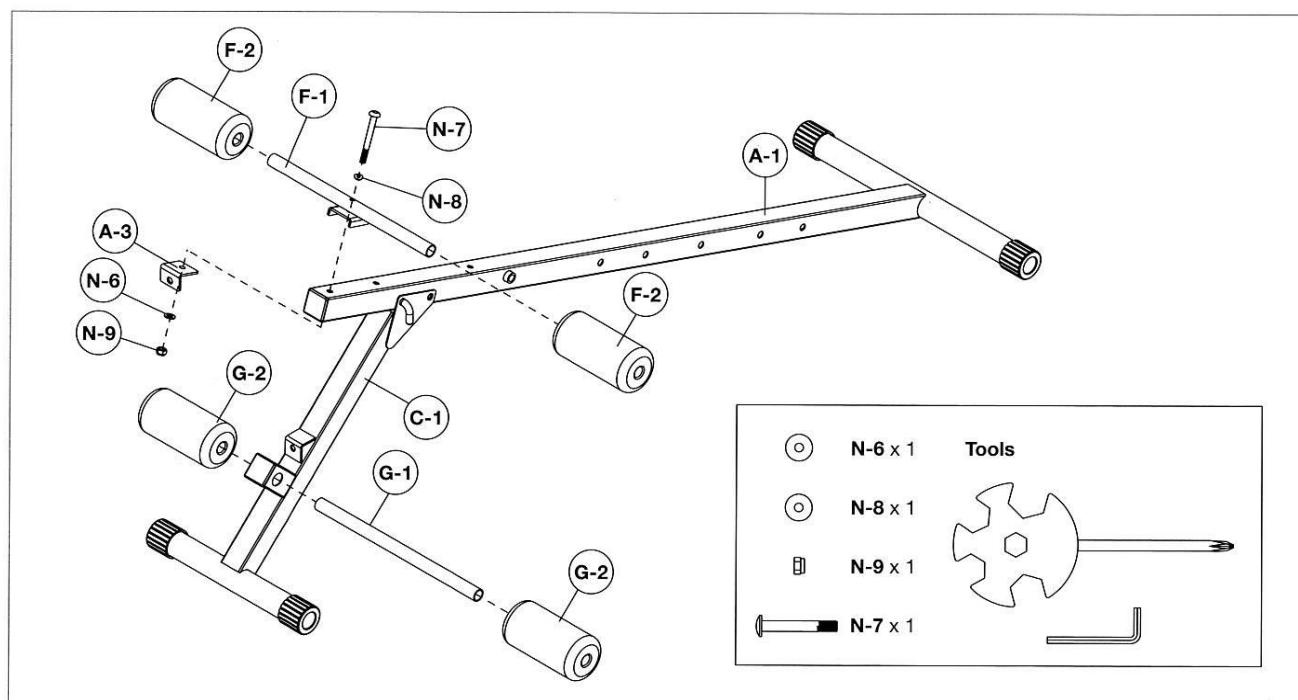
Make sure you have the following parts:

Assembly instructions

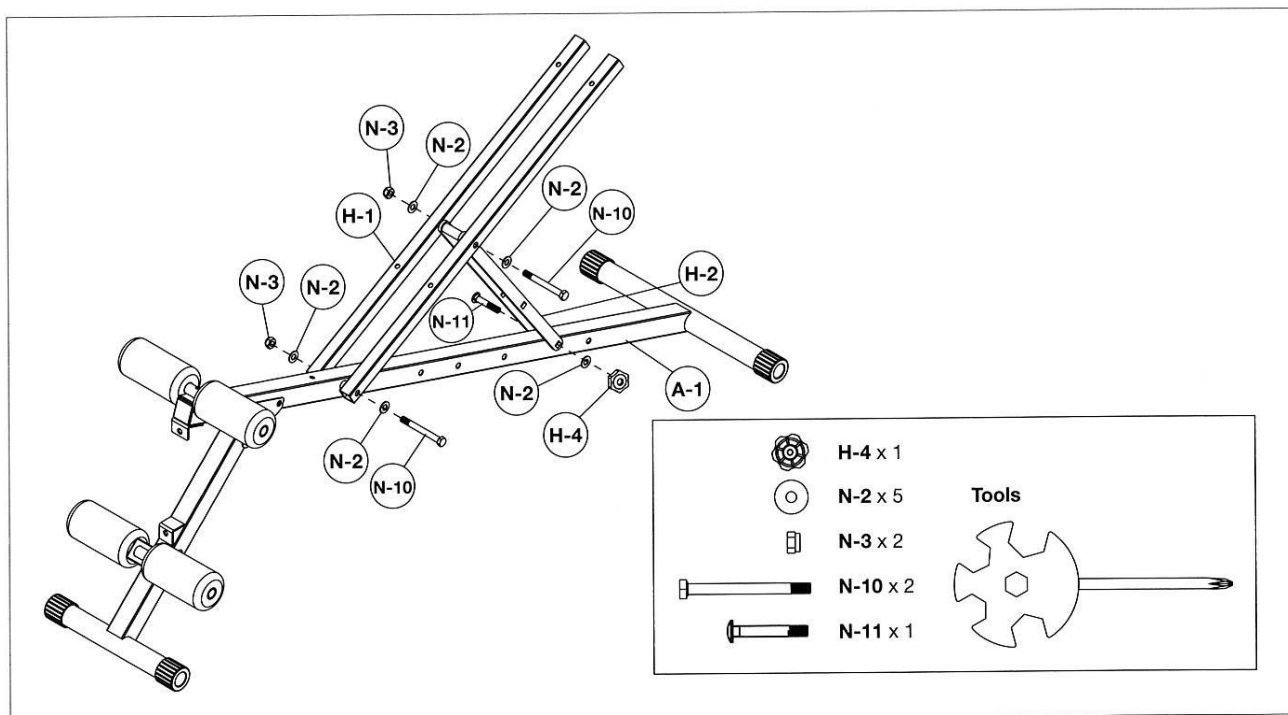
STEP 1



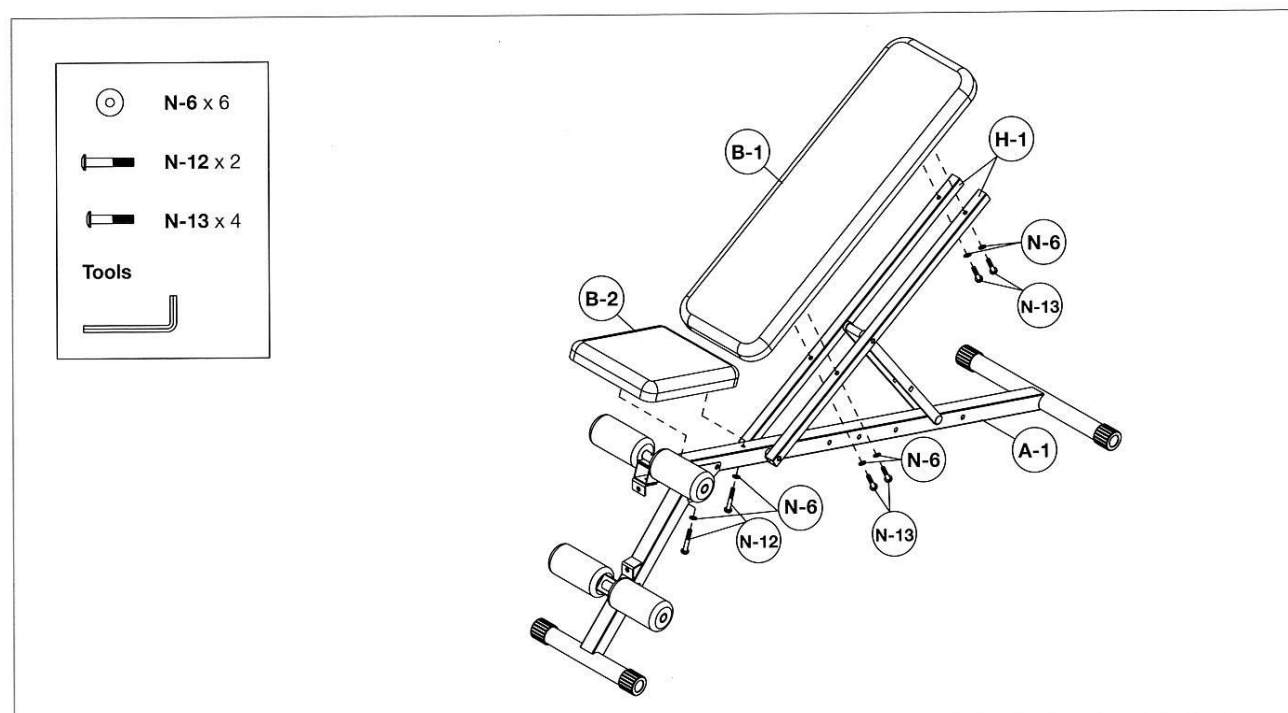
STEP 2



STEP 3

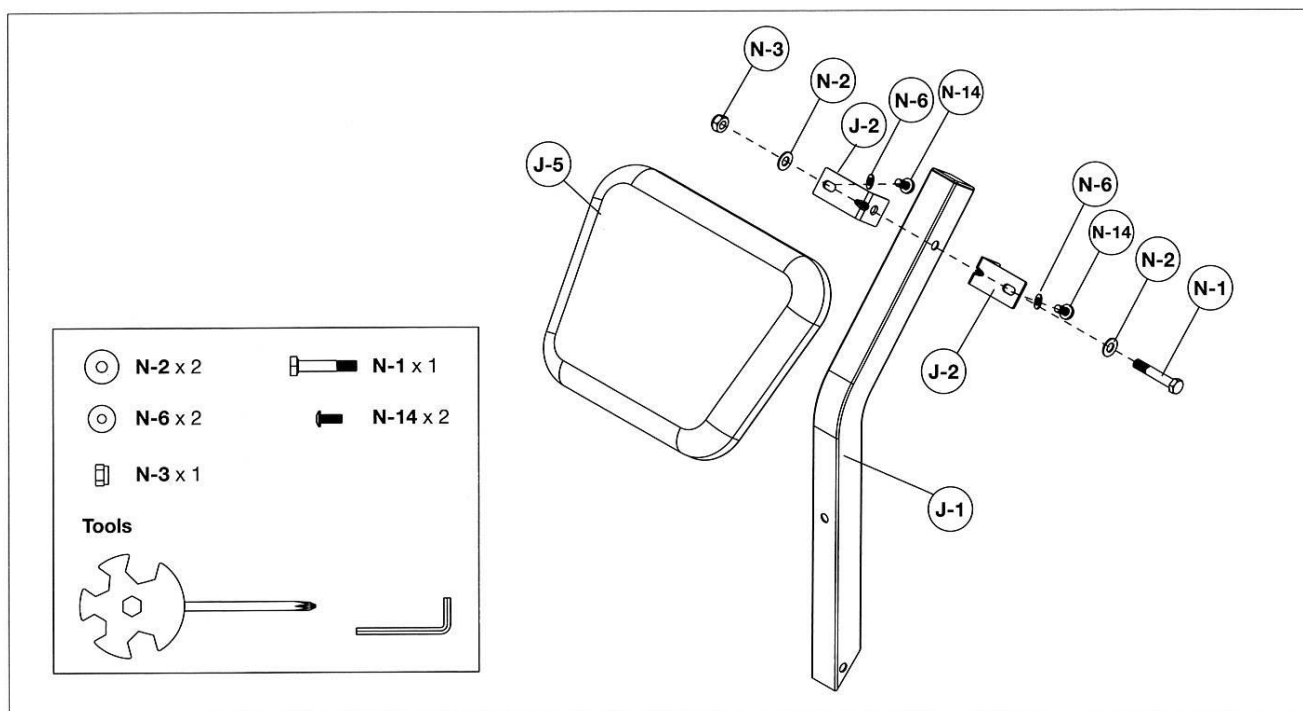


STEP 4



Assembly instructions

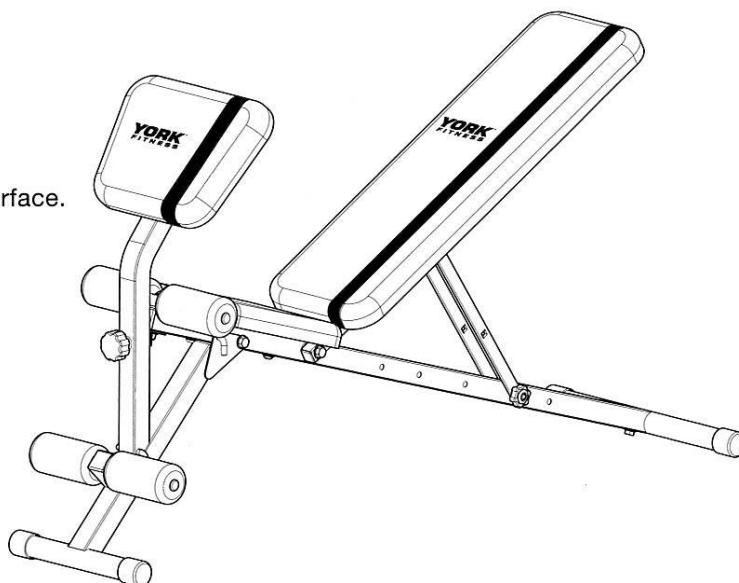
STEP 5



Final Check

Your equipment is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

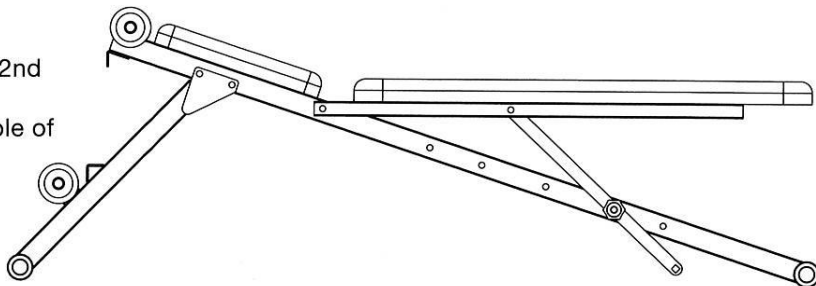


User instructions

YORK FITNESS

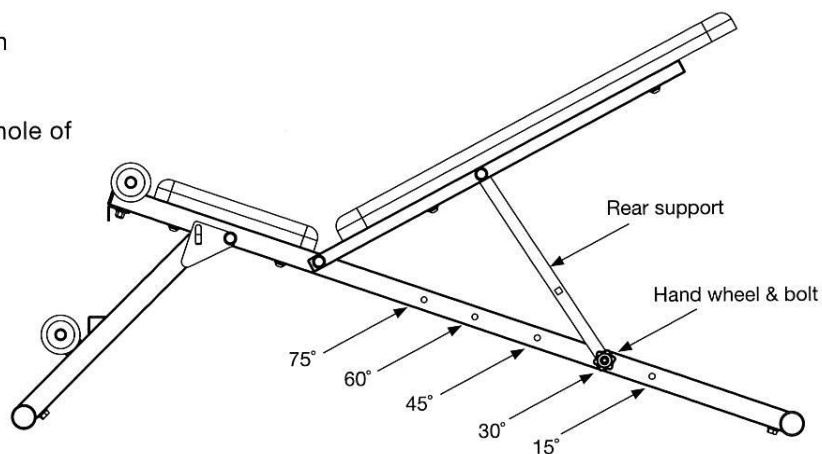
Flat adjustment

- Remove hand wheel and bolt
- Align upper hole of rear support with 2nd adjustment hole in main tube
- Refit hand wheel and bolt to upper hole of rear support



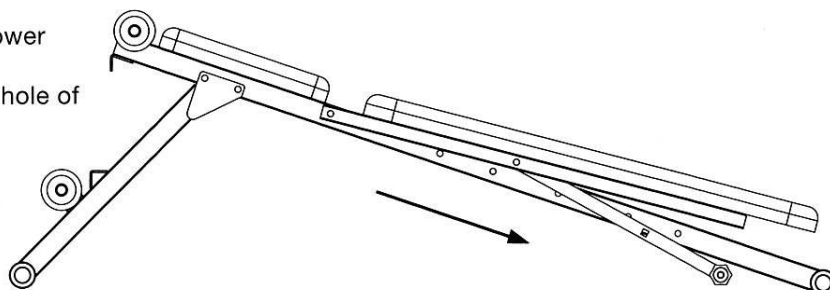
Incline adjustment

- Remove hand wheel and bolt
- Align bottom hole of rear support with required adjustment hole in main tube
- Refit hand wheel and bolt to bottom hole of rear support



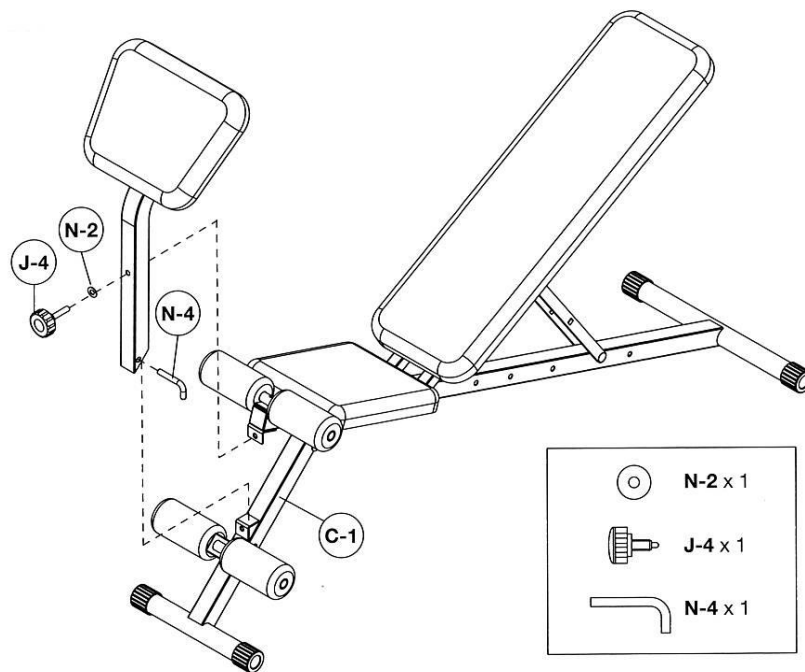
Decline adjustment

- Remove hand wheel and bolt
- Angle rear support backwards and lower upholstery to rest on main tube
- Refit hand wheel and bolt to bottom hole of rear support



User instructions

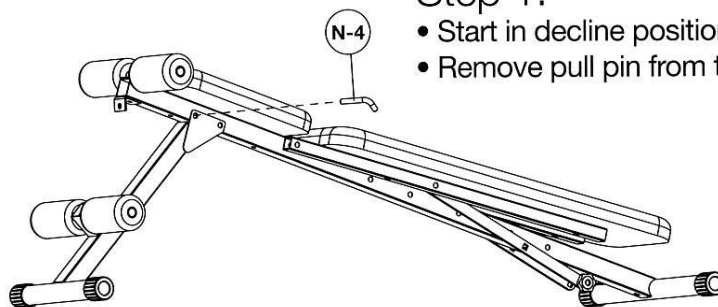
Curl attachment



Folding for storage

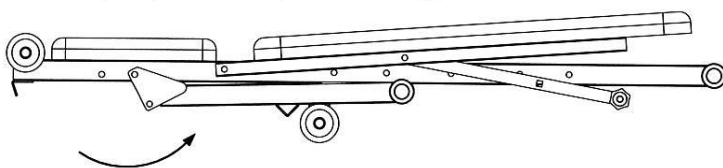
Step 1.

- Start in decline position
- Remove pull pin from top of front leg



Step 2.

- Fold front leg backward until reaches main tube
- Refit pull pin into top of front leg



Fitness guide



Starting Your Workout

Begin each workout with a Warm Up session - a few minutes of stretching to help prevent strains, pulls and cramps.

1. Perform some gentle stretching
2. Do light cardiovascular exercise (i.e. cycle) for approx 5-10 mins
3. 'Dry-run' one exercise per body part without using weights to ensure muscles and joints are warm

Finishing Your Workout

End each work-out with a warm down session – the purpose of this is to lower your heart rate slightly and to prevent strains, pulls and cramps.

1. Perform 3-5 minutes of light cardiovascular work to gradually lower heart rate and reduce body temperature back towards resting levels
2. Exercise should be rhythmical and of gradually decreasing intensity.
3. Stretch all the major muscle groups – this will aid recovery and return the muscles to their normal length

Correct Exercising Form

- Hold weights with a comfortable grip (avoid gripping too tightly)
- Stand, sit or lie as described below, paying particular attention to your abdominal muscles which help support your back:
- Standing - For most standing exercises use a split foot position (feet apart with one foot forward hips remain square to front), stand tall and pull abdominals firmly in
- Seated – Feet parallel, hip width apart, sit tall and pull abdominals tightly in
- Lying down – Always ensure back to bench and abdominals tightly pulled in
- Ensure joints remain soft (not locked out) and movements are carried out in a smooth and continuous way. (Each repetition should take you approximately a slow count of 4 to do)
- Avoid using 'momentum' and instead focus on the muscles you are working - throwing weights with poor technique increases the risk of injury and reduces training benefits
- Use full range of movement for each repetition performed
- Do not hold breath whilst training, instead exhale on the hardest phase of the exercise and inhale on the easier phase e.g.) Bicep Curl – exhale as you curl dumbbell towards shoulder and inhale as you return the weight to the start position

Choosing Your Weights

Start with a weight you can perform 12 repetitions without crossing the line from 'challenged' to 'struggle'. If you cannot maintain correct technique, the weight is too heavy!

Gradually increase the weight as you become stronger and more practiced.

Training for increased muscle size

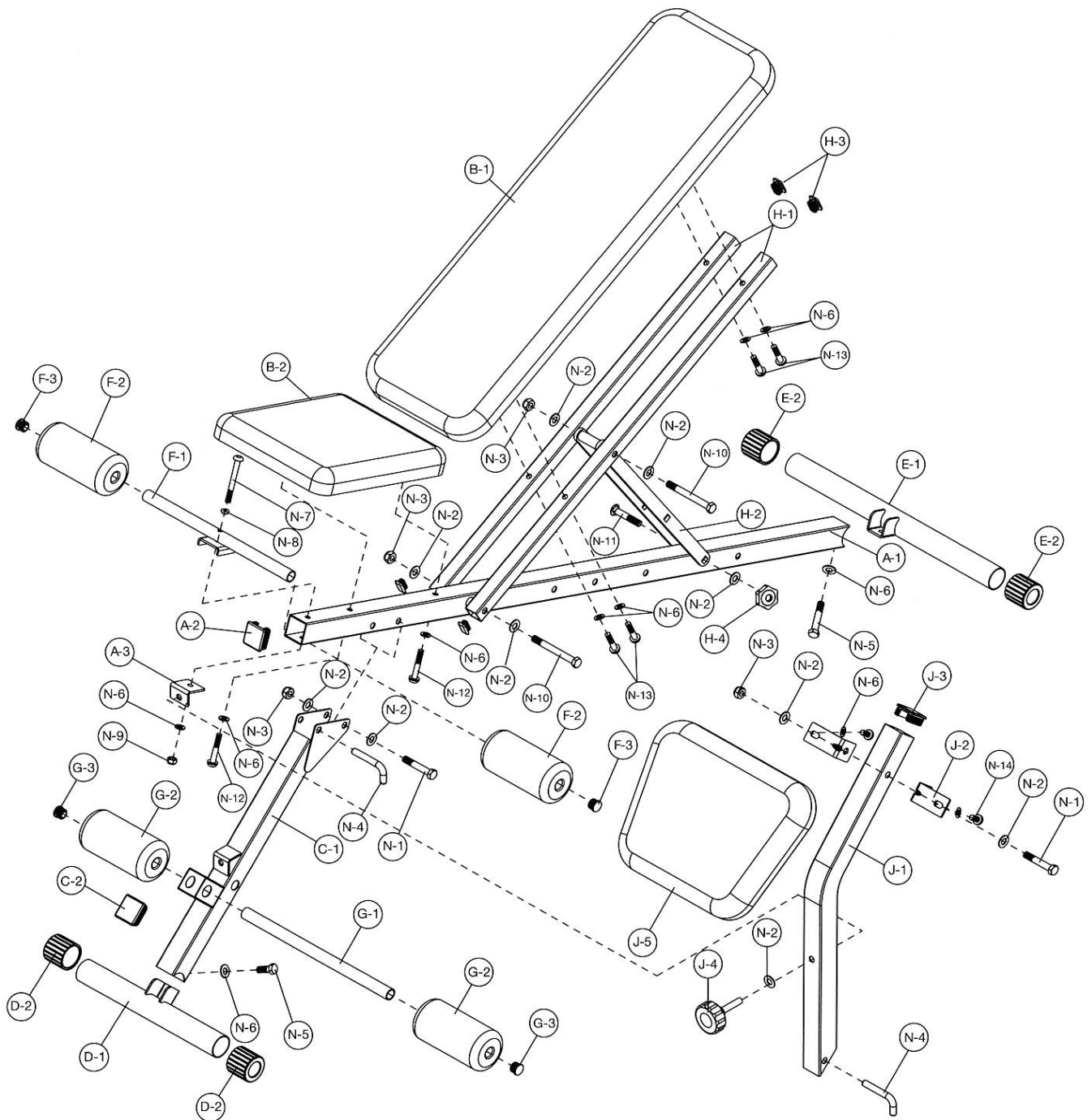
- Keep your sets between 8 – 12 repetitions
- Repeat each individual exercise 2 or 3 times increasing weight slightly and decreasing repetitions i.e.. 1st set 12 repetitions, 2nd set 10 repetitions, 3rd set 8 repetitions
- Rest for 1 minute between sets

Training for shape/definition

- Sets should be 12 – 15 repetitions
- Repeat each individual exercise 1 or 2 times with sets of between 12 - 15 repetitions
- Rest for 1 minute between sets

Please see the accompanying wall chart for guidelines on how to perform specific exercises...

Exploded drawing



Part List



YORK REF.	REF.	DESCRIPTION	QTY.
45062-001	A	MAIN SUPPORT SET	
45062-002	A-1	MAIN SUPPORT COMBINATION	1
45062-003	A-2	SQUARE CAP (38×38×1.5)	1
45062-004	A-3	CONNECTING BOARD 2 (64×38×3)	1
45062-005	B	PAD SET	
45062-006	B-1	BACK PAD (T40×800×250)	1
45062-007	B-2	SEAT PAD (T40×300×250)	1
45062-008	C	FRONT CROSS-BRACE TUBE	
45062-009	C-1	FRONT CROSS-BRACE COMBINATION	1
45062-010	C-2	SQUARE CAP (38×38×1.5)	1
45062-011	D	FRONT BOTTOM TUBE SET	
45062-012	D-1	FRONT BOTTOM TUBE	1
45062-013	D-2	END CAP (Ø38×1.5)	2
45062-014	E	REAR BOTTOM TUBE SET	
45062-015	E-1	REAR BOTTOM TUBE	1
45062-016	E-2	END CAP (Ø38×1.5)	2
45062-017	F	LEG GUARD TUBE SET	
45062-018	F-1	LEG GUARD TUBE COMBINATION	1
45062-019	F-2	FOAM GRIP (70×Ø18×140)	2
45062-020	F-3	CIRCLE CAP (Ø19)	2
45062-021	G	FOAM GRIP TUBE SET	
45062-022	G-1	FOAM GRIP TUBE (Ø19×2×320)	1
45062-023	G-2	FOAM GRIP (70×Ø18×140)	2
45062-024	G-3	CIRCLE CAP (Ø19)	2
45062-025	H	BACK TUBE SET	
45062-026	H-1	BACK TUBE (25×25×2×750)	2
45062-027	H-2	SUPPORT BOARD (422×22×6)	1
45062-028	H-3	SQUARE CAP (25×25×2)	4
45062-029	H-4	PLUM KNOB (M10)	1
45062-030	J	LEG GUARD TUBE SET	
45062-031	J-1	LEG GUARD TUBE COMB. (38×38×2×625)	1
45062-032	J-2	CONNECTING BOARD 1 (102×32×3)	2
45062-033	J-3	SQUARE CAP (38×38×1.5)	1
45062-034	J-4	PLUM KNOB	1
45062-035	J-5	GUARD PAD (T40×330×250)	1
45062-036	N	HARDWARE SET	
45062-037	N-1	HEX BOLT (M10×L55)	2
45062-038	N-2	FLAT WASHER (D10)	10
45062-039	N-3	NYLON NUT (M10)	4
45062-040	N-4	MARBLE BOLT (Ø10×98)	2
45062-041	N-5	BRACKET TUBE (M8×15)	2
45062-042	N-6	FLAT WASHER (D8)	11
45062-043	N-7	ALLEN PAD HEAD SCREW (M8×75)	1
45062-044	N-8	ARCH WASHER (D8)	1
45062-045	N-9	NYLON NUT (M8)	1
45062-046	N-10	HEX BOLT (M10×L116)	2
45062-047	N-11	CARRIAGE BOLT (M10×L70)	1
45062-048	N-12	ALLEN PAD HEAD SCREW (M8×50)	2
45062-049	N-13	ALLEN PAD HEAD SCREW (M8×40)	4
45062-050	N-14	ALLEN PAD HEAD SCREW (M8×20)	2

Note





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